



Dirty Bean Soup

Ask an adult to assist you with preparing the ingredients and with cooking on a stove top! Enjoy this delicious family favorite recipe from Director Doug.

- 3 Tablespoons olive oil**
- 1 onion, diced**
- 2 carrots, peeled and diced**
- 3 celery stalks, diced**

In a large soup pot, sauté the veggies in olive oil until soft.

- 2-3 cloves of garlic, minced**
- 1 teaspoon black pepper**
- 1 teaspoon dried oregano**

**Add these ingredients to the soup pot.
Cook for another 2 minutes.**

- ½ cup barley, pre-cooked according to package directions**
- 6 cups water**
- 2 cubes vegetable bullion**
- 2 cans red kidney beans, 15 oz. size**
- 2-3 potatoes, peeled and chopped**
- 1 can diced tomatoes, 28 oz. size**

Add the ingredients to the soup pot. Bring it to a boil, then lower the heat to a simmer and cover pot with lid. Simmer until the potatoes are cooked.

Serve with crusty bread, or your favorite soup side dish and enjoy!

